

# Specialist WELLNESS WEEK CHOICE BOARD - Term 3 Week 10

Enjoy trying some of these activities this week for :

Physical Education

Visual Art

Music

Mandarin

We know you will enjoy all of them! 😊

## MINDFULNESS WALK



Go for a 'mindfulness' walk around your neighbourhood for at least 30 mins. What can you see? What can you feel? What can you hear? What can you smell? If you like, include some jogging, running or some skipping. Maybe you could collect items along the way for your ART 'Nature Collage', too.

## TREE OF STRENGTH



**CREATE** (draw or collage) a tree with roots, branches and leaves. On the roots, write the names of the **positive** people in your life. On the leaves, write the ways in which they **help** you every day. For e.g., Grandma - shows kindness. Reflect on your image and the important people around you.

## LET'S DANCE!

Music and PE come together when we dance. Here's the classic song that is danced to at all kinds of special occasions; Weddings Parties Anything! Grade 5/6 students have covered this dance in PE, too!

<https://publish.viostream.com/play/w9i3zgn4p6133>



**Do The Nutbush!**

<https://video.link/w/BC77c>

Check out the Original Video!

## WATERMELON TAI CHI



Watermelon tai chi is a set of basic tai chi movements, which is easy and fun to do. Combine some Mandarin culture and PE at the same time!

Click the link to watch the video and follow the movements. <https://video.link/w/BFy7c>

## SINGALONG!

Click on the link to get the song and lyrics to this Monkee Classic



<https://vimeo.com/596850020>  
Daydream Believer Singalong

<https://video.link/w/t767c>

The Monkees Daydream Believer  
The Original video! Enjoy!

## MANDARIN STORY TIME

1. Yī qǐ qù wán ba! 一起去玩吧!  
Are you ready to play outside? by Mo Willems  
<https://youtu.be/nyDNVifhgs8>
2. Chinese Legend: Pangu – The Creator of the World <https://video.link/w/yi77c>  
(To get English subtitles:  
click ⚙ icon → Subtitle/CC → Chinese)

## TIME TO MOVE IT



*Exercise always lifts our mood!*

**Seniors:** Complete one of our 'Fitness Fever' workouts we've been doing in PE.

**Juniors:** Can you do all these in a row? 20 frog jumps, 10 hops on each leg, 30 seconds skip around, 30 secs gallop around, 20 kangaroo jumps. Have a break, then do it again!

## ZENTANGLE DRAWING



**DRAW** some Zentangle patterns inside a large shape or object as a mindful drawing exercise. Play some calming music in the background to set the mood.

## NATURE COLLAGE



Create a 'nature' **COLLAGE** or pattern with whatever you can find around your garden or go for your P.E. 'Mindfulness Walk' to collect objects that are on the ground.

(Perhaps create a larger artwork with members of your family).

## OVER IT GOES!

Lie down. Put 5 small cushions or stuffed toys by your feet – have a laundry basket or box behind your head. Using your feet, transfer the cushion/toy from below your feet to over your head into the basket.

Try it again and see if you can get faster. Time yourself and try and improve your result.



## CHINESE PAPER CUT OUT

Spring 春 chūn

Click the below image to download the template and instructions.



## CREATE A SONG!

Create a Song Using the Musical Alphabet! Just Like 'The Cabbage Café!' Brainstorm words & lyrics using the letters from the musical alphabet: C,D,E,F,G,A,B,C. Upload the brainstormed words and/or lyrics to Mr Leever on Teams or Email to:

[birralee.ps@edumail.vic.gov.au](mailto:birralee.ps@edumail.vic.gov.au) and I will record the song and share it with your class!

**Examples: I did the dab My dad is bad,  
He ate my egg now I'm sad**

## KARAOKE PARTY

Find a Chinese nursery rhyme or song and sing along. Alternatively, a nursery rhyme from your cultural background that you know, and share your song with your family.



## WE WILL ROCK YOU!

A fun body percussion using the classic Queen song <https://video.link/w/sf87c>  
Do It! Stomp your Feet!



<https://video.link/w/wg87c>

Check Out the Original Clip!

## MY IMAGINARY JOURNEY



Imagine that you are going on a journey. Where would you go? What would you see? Make a detailed

**PAINTING/DRAWING/COLLAGE** of something that happened on your *imaginary* journey.

## YOGA

**Seniors:** Click on the link to do some 'wake up' YOGA any time of the day.

<https://video.link/w/3gZ6c>



**Juniors:** Try this Disco Cosmic Yoga Fitness

<https://video.link/w/QhZ6c>

